



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
My Mito Mission

On accounts for the year
ended

31 December 2024

Charity no
(if any)

1176616

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and
basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

2 September 2025

Name:

Jennifer Horsley FCMA

Relevant professional
qualification(s) or body
(if any):

CIMA

Address:

Roxmoor, Skircoat Moor Road

Halifax

HX3 0HJ

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



CHARITY COMMISSION
FOR ENGLAND AND WALES

My Mito Mission

No (if any)

Receipts and payments accounts

CC16a

For the period
from

01/01/2024

To

31/12/2024

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants		20,950	-	20,950	-
Fundraising & Donations	51,522	-	-	51,522	-
Event income	55,933	-	-	55,933	-
Other income	3,689	-	-	3,689	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	111,144	20,950	-	132,094	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	111,144	20,950	-	132,094	-
A3 Payments					
Support Costs	6,078	20,950	-	27,028	-
Awareness Costs	7,448	-	-	7,448	-
Staffing Costs	50,639	-	-	50,639	-
Fundraising Costs	4,165	-	-	4,165	-
Other Admin/Insurance etc	2,870	500	-	3,370	-
Event costs	15,686	-	-	15,686	-
Reserch grant	50,000	-	-	50,000	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	136,886	21,450	-	158,336	-
A4 Asset and investment purchases, (see table)					
Equipment	480	-	-	480	-
	-	-	-	-	-
Sub total	480	-	-	480	-
Total payments	137,366	21,450	-	158,816	-
Net of receipts/(payments)	- 26,222	- 500	-	- 26,722	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	64,920	500	-	65,420	-
Cash funds this year end	38,698	-	-	38,698	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	38,652		-
	Cash in Hand	46	-	-
			-	-
	Total cash funds	38,698	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1st January 2024 to 31st December 2024

Charity name: **My Mito Mission**

Charity registration number: **1176616**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p>1) To promote and protect the physical and mental health of sufferers of Mitochondrial Disease through the provision of support, education and practical advice.</p> <p>2) To advance the education of the public in general (and particularly among scientists and health professionals) in all areas relating to Mitochondrial Disease and to promote research for the public benefit into the causes and treatment of the disease, with the useful results of such research to be disseminated.</p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p>For <i>everyone</i> with mito:</p> <p>Support, Education & Practical Advice by means of:</p> <p>The use and awarding of funds for</p> <ul style="list-style-type: none">• Awareness - to gain equity in mito's recognition, support and care.• Support - to reduce isolation and bring validation• Research - to increase hopes of treatments and a cure <p>Through means such as:</p> <ul style="list-style-type: none">• Website – directory/information• Benefit advice referrals• Medical alert wristbands• Social media/PR• Events• Nominations to other charities• Promotional materials• Merchandise• Volunteering opportunities

		<p>For those with mito who wish, all the above PLUS ...</p> <ul style="list-style-type: none"> • Provision of and support to run an individual 'Mission' – a personalised 'mini charity' under our umbrella through which they can raise awareness, funds for research and gain understanding and support from those around them • Missionee Meet Up Weekend • Missionee Zoom Meetings • Missionee Facebook Group • Missionee WhatsApp Group • Missionee Counselling Service
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	<p>We aim to award a minimum of 50% of our publicly raised funds to research after staff costs.</p> <p>We pay due diligence to ensure the quality of the research and that it has the potential to help the widest possible range of the mito community. We involve our missionees in the decisions of what we fund.</p> <p>To date, we have directed our research awards through The Lily Foundation, the largest UK mito charity, in order to benefit from their established processes and expertise in:</p> <ul style="list-style-type: none"> • ensuring the quality of research bids • ascertaining what the wider mito community wants by way of research and support. <p>We will remain open to alternative options and keep this decision under annual review.</p>
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Contributions made by volunteers in both assisting and operating our charity and helping with awareness events and fundraising continue to be invaluable. Without our volunteer workforce the amount of activity we do would have to be</p>

		<p>significantly reduced in order to still deliver our key objectives.</p> <p>Volunteer contribution versus paid staffing is 75%/25%. We are indebted to all volunteers and proud that we are able to effectively use so much volunteer time.</p> <p>Time commitments from our volunteers ranges from a few hours ad hoc to full time. Volunteer contribution enables such as office admin, events, ebay, vinted and merchandise sales, social media output, web editing and partnership engagement.</p>
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>Our charity objects simplify into three key areas, and we will report on this basis.</p> <p>Awareness:</p> <p><u>PR & Marketing</u></p> <ul style="list-style-type: none"> • Social Media: Considerable growth across main platforms, increasing our ability to relay our key messages. More video content created and used in order to improve impact. • Public Relations: Found and engaged an excellent partner, already achieving increased publicity and reach. • Website: Continue to improve and upgrade to ensure user friendly and relevant information available to people with mito and the general public. • Campaigns: Key focus on two: 'Light Up for Mito' during World Mito Week. Many more UK buildings lit up. 'Project 1000 Strong' launched in May, majorly increasing regular donations. Both also building stronger foundations for future growth. <p><u>Events</u></p> <p>We achieved six key events –</p> <ul style="list-style-type: none"> • The Energy Ball (April) • Yorkshire Three Peaks (May) • Glow Walk during World Mito Week (September) • My Mito Meet Up (October)

		<ul style="list-style-type: none"> • Art Sale (November) • Santa Dash (December) <p>... significantly raising our profile and reach to new demographics.</p> <p><u>Partnership Building</u></p> <ul style="list-style-type: none"> • Rotary – Attended regional conference, made further talks, one mission adopted by local Club. • Corporate – Using our new trustee’s skills to develop improved ways to engage with business. • Other mito organisations – increased liaison with The Lily Foundation, exploring synergies with MitoWorld and planning for new awareness event in Glasgow. <p><u>Support</u></p> <ul style="list-style-type: none"> • My Mito Meet Up: Third successful support weekend for missionees with grant support of £18.45k from the National Lottery Community Fund. 70 impacted people benefited. • Counselling: Successful pilot with £2.5k grant funding. Highlighted a desperate need for this to be expanded to all missionees and ultimately the wider mito community. Plans focused for evolving this vital service in 2025. • Missions: 10 new missions joined us, making a total of 37 impacted families and individuals benefiting from our close support, empowerment and ability to educate those around them. • Medical Alert Wristbands: Project well underway and set to be fully launched in 2025 providing free wristbands available to everyone with mito. <p><u>Research</u></p> <p>We awarded £50k (designated in 2023) to three research projects through the Lily Foundation, with the apportion to each project determined by our missions.</p> <p>We continue to advocate for more mitochondrial research through building partnerships with research bodies, bioscience companies, pharmaceutical organisations and other advocacy and patient organisations, including:</p> <ul style="list-style-type: none"> • National Institute for Health and Care Research • The Lily Foundation • Aspire Biosciences • MitoWorld
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		<ul style="list-style-type: none"> • The Leigh Network • University College London • University of Glasgow • Wellcome Centre for Mitochondrial Research • International MITO Patients <p><u>General</u></p> <ul style="list-style-type: none"> • Continued financial growth in a challenging economic climate • Grants secured from the National Lottery Community Fund (£18.5k) and St James Place (£2.5k). • Ability strengthened to submit greater volume of applications in the future by improving the systems and identifying volunteers and paid support. • Second member of staff joined us in early February on a 6 months contract, subsequently made permanent. • Committed to be a living wage employer. • New CRM, accounting systems and Team collaboration platform introduced and integrated into normal working practices. • Office upgraded to better accommodate more staff and volunteers comfortably within our main office space. <p>Volunteer highlights:</p> <ul style="list-style-type: none"> • Two volunteers credited their experience with us as instrumental in securing new positions. • A volunteer increased from one to two days, feeling supported with adjustments made to accommodate their visual and hearing impairments. • The new charity assistant role enabled a regular volunteer and missionee to evolve their role to include more web editing and building, boosting their skills and job satisfaction. <p><u>The difference our work has made...</u></p> <p><u>Awareness:</u> Awareness of the illness has been raised amongst thousands of people, reducing the isolation felt by those impacted. Thousands also became aware of the far-reaching importance of mito research and its benefits and implications to millions.</p> <p><u>Support:</u> Support we funded increased a sense of community and belonging, improved mental health, peer support and practical help and information to our beneficiaries.</p>
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		<p><u>Research:</u> Through expanding our research work to encompass forging partnerships, advocacy and lobbying we are able to inspire mitochondrial research and awareness of its importance.</p> <p>Our award to The Lily Foundation enabled an additional project to be funded through their 2023/24 research call than would have otherwise happened.</p> <p>Through their involvement in both fundraising and decision-making, our research awards empowered our missionees, in knowing they make a positive difference.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>We ended 2024 with £38,652.34 in the bank.</p> <p>Our reserves are 10k and we have designated £20k to cover the costs for our Meet Up event in October. Should we secure the funding for the Meet Up, it will be redesignated to one of the many projects we wish to pursue.</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p>According to policy, reserves were reviewed in May 2024 and increased to £10k which equates to approximately 12 weeks' worth of unrestricted expenditure.</p>

		This will help My Mito Mission to withstand a number of scenarios including a sustained increase in inflation combined with a fall in income, to provide the capability for trustees to then make sure expenditure could be reduced in a managed fashion, avoiding the need to halt important work abruptly and cover staffing costs. My Mito Mission has very few recurring ongoing costs over and above staffing, with levels of expenditure determined by income banked through previous fundraising. All reserves over and above this retained amount are designated to charitable activities.
Amount of reserves held	Para 1.22	£30k
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Our principal source of funding remains publicly raised donations and fundraising. This is either through our own, our missions' or our supporter's efforts.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	Our Business Plan identifies several principle risk areas to mitigate as far as possible: <ul style="list-style-type: none"> • Inability to keep pace with continual growth. • Reliance on our Chair's voluntary full-time CEO role. • Outgrowing our donated office space.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Trust Deed

How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Trust
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Appointed by resolution of the existing Trustees at a Special Meeting

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	My Mito Mission
Other name the charity uses	
Registered charity number	1176616
Charity's principal address	Registered Address: 44d Long Ridge, Brighouse, HD6 3RZ Office Address: c/o KT Hydraulics, Gannex Park, Dewsbury Road, Elland, HX5 9AF

Names of the charity trustees who manage the charity

No.	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Christopher Appleby			
2	Christine Beal	Chair		
3	Amanda Caldwell			
4	Bethany Ellis	Treasurer		
5	Dr Martin Haigh MBE		15 th July 2024	
6	Francesca Sevilla-Rebelderia			
7				

8				
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Christine Beal	Beth Ellis
Position (eg Secretary, Chair, etc)	Chair	Treasurer

Date	
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